

## FTF® Centers Waiver and Release

In consideration of being allowed to participate in any way in programs offered at or by Fit to Fight®, LLC and Defense Tactics International, LLC, its related events and activities, I \_\_\_\_\_, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEEES or others, and assume full responsibility for my participation; and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Fit to Fight®, LLC and Defense Tactics International, LLC WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEEES OR OTHERWISE, to the fullest extent permitted by law.
6. I give my consent for photographs, videos, and recordings of me to be taken, used, reproduced, and published. These shall constitute the sole property of Fit to Fight®, LLC and Defense Tactics International, with full right of disposition in any manner, including the right to publish on social media.
7. I give my consent to receive emails pertaining to classes/promotions/events/etc. at Fit to Fight®, LLC, FTF® Fitness and Self-Defense, Defense Tactics International, LLC, Ryan Hoover, LLC, and FTF Live, LLC.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Your Signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

### FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (under 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEEES, to the fullest extent permitted by law. I understand that as a parent/guardian entering the facility, I also acknowledge and freely assume all such risks and full responsibility for my own participation and association.

X \_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE

Emergency Phone #

Date signed